



For the week of July 15, 2013

Arugula	Kale
Carrots	Kohlrabi
Middle Eastern Cukes	Lettuce
Dill	Raspberries

We're including a poster with your newsletter today with the hope that you will put it up in your neighbourhood somewhere or at your workplace to help us promote our box program. The farm bounty keeps on coming!

Simple Cucumber and Dill Salad

A classic!

1/4 cup white-wine vinegar
2 teaspoons sugar
1/4 teaspoon salt
1 lb middle eastern cukes, sliced
1/2 red onion, thinly sliced
2 tablespoons chopped fresh dill

Whisk vinegar, sugar, and salt together in the bottom of a large salad bowl. Toss in the cucumbers, red onions, and fresh dill. Cover and chill for at least 20 minutes before serving.

Raspberry Arugula Salad

1 bunch arugula
1 pint raspberries

vinagrette:

1/4 cup [apple cider vinegar](#)
1/2 cup [olive oil](#)
2 tablespoons [raspberry jam](#)

Place arugula and raspberries in a large bowl
To make vinaigrette, place vinegar in a blender.
Drizzle in olive oil while machine is on. Blend in raspberry jam.

Toss desired amount of dressing over arugula and raspberries and serve.

Crispy Kohlrabi Medallions

2 Kohlrabis or 2 zucchinis
1/2 cup milk
1 cup flour
1/2 tsp salt
1/2 tsp black pepper
oil
Sour cream for dipping

Peel kohlrabi and cut them into 1/4" thick slices. Steam them for about 10 minutes. If you use zucchinis or aubergines, you don't have to boil them after cutting into slices.

Pour milk into a bowl, in a separate bowl, add flour, salt, and pepper. Dip each medallion in the milk, then dip into the flour mixture, make sure each side is coated.

Once all medallions are coated, drizzle enough oil into a frying pan. Add kohlrabi and fry for 3-5 minutes or until bottoms of medallions are golden brown. Remove from pan to a plate with paper towels.

Serve with sour cream!

News from the Farm

We've had a few box customers not realize that we were back on the weekly delivery schedule. If you are getting boxes every second week and would like to get yours every week, call us!

All the recipes today are adapted from WTF!? CSA <http://www.wtfcasa.com/> which is a blog for people who are new to Community Supported Agriculture (box programs like this one) and haven't a clue how to cook veggies. I had a good laugh!

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